## Summit-Olympus High School

### FEATURE OF THE MONTH

**Umpqua Dairy**

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

### MONDAY
- **Breakfast:** GF WG Original Cheerios, Hardboiled Egg, fresh fruit
- **Lunch:** (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies
- **Alt. Lunch:** (V, DF) Chicken Caesar Salad, Whole Wheat Roll, fresh fruit

### TUESDAY
- **Breakfast:** GF WG Original Cheerios, Hardboiled Egg, fresh fruit
- **Lunch:** (DF) Turkey Hot Dog, fresh fruit, and veggies
- **Alt. Lunch:** (V, DF) Heart-Healthy Spaghetti, WG Garlic Bread, fresh fruit, and veggies

### WEDNESDAY
- **Breakfast:** WG Muffin, String Cheese, fresh fruit
- **Lunch:** Corn Dog Bites, fresh fruit, and veggies
- **Alt. Lunch:** (V) Traditional Pizza Bagel, fresh fruit, and veggies

### THURSDAY
- **Breakfast:** Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit
- **Lunch:** Turkey Cheddar Lettuce Tomato, fresh fruit, and veggies
- **Alt. Lunch:** (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies

### FRIDAY
- **Breakfast:** Cheddar Cheese Stick, WG Honey Nut Cereal, fresh fruit
- **Lunch:** Corn Dog Bites, fresh fruit, and veggies
- **Alt. Lunch:** (V, DF) Heart-Healthy Spaghetti, WG Garlic Bread, fresh fruit, and veggies

### SUNDAY
- **Lunch:** No School

### NOTES
- **DF - Dairy Free**
- **GF - Gluten Free**
- **V - Vegetarian**

*The USDA and Summit are equal opportunity providers.*